

## BWYQ Level 4 Progression to Diploma

### Home Study Meeting Four



This month's tasks:

- **Everyone to complete Assignment S5 on the Hatha Yoga Pradipika:** please refer to the S5 guidelines to help orientate you to this. To be emailed to me before meeting five on 19<sup>th</sup> February meeting on Zoom. Do try to complete this work as we shall be moving on to new areas of assessment on the 19<sup>th</sup>. Thanks.
- **S6 Meditation Class Teaching Practice: Hannah & Paula** referring to the practice guidelines please prepare and submit your 15 mins lesson plan in good time for your teaching practice on 19<sup>th</sup> February so any revisions can be made if needed.
- **I look forward to seeing you again on Zoom on 19<sup>th</sup> February.**

Our website is at [www.yoga-ayurveda.co.uk](http://www.yoga-ayurveda.co.uk) and your password is Spanda.

Remember you are free to contact me at home if you have any questions at all, although emailing me is always best whenever possible.

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